1. Key resources to use for block 7?
   1. Clinical Micro Made Ridiculously Simple
   2. Sketchy micro and bug charts from the drive
   3. Sketchy micro
   4. Sketcky micro
   5. Sketchy micro
   6. SKETCHY MICROOO all the way! Sometimes Pathoma if it fits
   7. Picmonic, first aid
   8. Clinical Microbiology made ridiculously simple, Uworld
   9. Sketchy micro
   10. Sketchy and powerpoints
   11. first aid, picmonic
   12. google drive charts
   13. First aid!!!
   14. First Aid, Lange mico cards
   15. Microbiology Made Ridiculously Simple
   16. First Aid for Step I
   17. Sketchy Micro, make your own tables, Clinical Micro Make Ridiculously Easy
   18. Microbiology made ridiculously simple
   19. picmonic or sketchy micro, first aid (especially the algorithm for gram + -)
   20. Micro made ridiculously simple
   21. Sketchy Micro -- feel \*blessed\* you're an MS2 this year so you can enjoy their new website and parasites/viruses/etc. videos
   22. Sketchy Micro
   23. sketchy micro/medicine
   24. Sketchy Micro and Microbiology made ridiculously easy.
   25. Sketchy micro, all the way, all the time. And make flashcards
   26. Sketchy Medicine (Micro) for sure, First Aid
   27. I made lots of spreadsheets with the key micro info. I think there are copies of some floating around, but I made my own based on those.
   28. Sketchy micro, lippincott flash cards, class lectures
   29. Microbio made ridiculously easy/simple/whatever it is
   30. First aid, sketchy micro
   31. Lipincott's Microcards
2. How did you incorporate board studying thought the year?
   1. Use First Aid as you go through the blocks, watch pathoma throughout the year, don't write off blocks 10 and 11 because a lot of info contained for boards in these
   2. Buy pathoma the day micro ends and watch it all year. Buy uworld at the 6th month mark and get through it once before the study period then reset the bank and do it again in the study period. Note only 6 month or longer subs get a reset
   3. qbank section for the block you're on
   4. annotate first aid
   5. i did kaplan qbank with 2nd year curricula, used uworld and first aid for the actual study period
   6. Only Pathoma and first aid till December then hit it hard on questions after winter break
   7. Use First Aid throughout the year - just annotate with notes that you think are good to remember, makes it easier to have your notes in one place while you're studying
   8. Used first aid throughout to annotate as I studied, used it as a guide to focus my learning and bought Uworld early and worked on questions throughout
   9. First Aid for Step 1, UWorld practice questions, class notes
   10. Focus on your blocks. Dont kill yourself with first aid until the spring
   11. I used first aid with each block and started to do some uworld questions with each block
   12. did 5-10 q's/day but honestly I wouldn't start until January. Just use board book resources throughout the blocks to start shifting the focus from PowerPoint rote memorization to board style studying
   13. took notes in first aid, went back over throughout year
   14. I began in December, annotating my First Aid with relevant class notes. I ended up buying the new book and not needing any of my old notes. Ie the only notes you really need to supplement FA are notes from Pathoma or Goljian
   15. have DIT lectures finished by April
   16. I used the Kaplan qbank. And heavily used first aid as well as pathoma
   17. Learn everything in first aid as things come up (no need to annotate until study period). First aid becomes a primary source after winter brak
   18. I should of done UWorld throughout the year! Also First Aid is a terrific resource.
   19. Use Pathoma throughout the year and UWorld questions in January/February. Read through relevant sections of FA as you go through the year
   20. Here's all of my great big board advice for the year. First, ignore the crazy people. You know who I mean, the ones who have already done Kaplan and DIT and are writing revisions for UWorld as we speak. These people will make you crazy during the year and it's hard to ignore them sometimes. Remember - EVERYONE STUDIES DIFFERENTLY. There are some things that everyone will end up using: First Aid, UWorld, Pathoma. But even those, people have different ways of working them into their studying. Other than that, everyone will find what works for them! Don't feel like you have to do ALL the resources available - find one or two things that work for you and stick with that. Next, you don't really have to start board studying/Uworld until January. What?! I know, it sounds so late, but trust me, you'll be fine. Uworld tends to be very comprehensive, multisystem questions so it's not really useful to start now - you will just get frustrated. THE BEST THING you can do right now is to focus on doing really well during your blocks. Believe it or not, Temple prepares you really well! Do well in your classes now and you will remember that info later and it will make studying easier later on. So study hard for your blocks now and supplement as needed with Pathoma and First Aid as needed. You don't have to memorize everything in First Aid just yet, just start familiarizing yourself with it and use it to add to whatever you are learning in class. Then, over winter break (NOT BEFORE), I made a study schedule for the rest of the year. It involved assigning a subject per week (Cardio, Immuno, etc) and doing some light review of that subject (First Aid, maybe some UWorld) during that week and then my trusty study group and I reviewed that subject on Friday together. So that was a really good way to do some light reviewing throughout the year without killing ourselves (since you still have to learn stuff during Blocks 10 and 11) and studying with my friends made it a little more bearable. Don't beat yourself up if you're not doing 50 questions every night; you'll burn yourself out and there's only so much you can do at one time. Study smarter, not harder! Even if you can only do a little bit of board review per week starting in January, as long as you make it effective, it will pay off.
   21. Don't start until after xmas break...then do a few hours a day
   22. try to go quickly through first aid and pathoma for the the block / subject you're in, focus less on lecture as the year progresses, even when studying for class just make sure the stuff you definitely know is what's in pathoma and FA and then add lecture stuff in as you see fit. I definitely went through pathoma videos and annotated everything he said that wasn't in there and I had a dedicated pink marker which I underlined every time he said "high yield" which is a lot, but when you have a book full with all the high yield in one color it's nice. May even be better to add the high yield in 1 color pen into first aid. The big goal is try and consolidate your resources (which should only be uworld, FA and pathoma +/- sketchy or picomonic) but try not to annotate your first aid with too much lecture stuff, you have no idea what's actually important until you're doing uworld and see the questions being asked. I personally did kaplan Q's throughout the year but they are poor quality questions, but good to just be exposed / I wanted to save uworld (which I'm happy I did) but DEFINITELY start uworld before dedicated. I waited until a week before dedicated and uworld ended up taking me much longer
   23. pathoma, FA and goljan audio for the block that you're in
   24. questions (related to current block) from uworld throughout the year
   25. Buy UWorld now... do each set of questions per each block. Reset for board studying (you won't remember them, and if you do congrats, you learned something). Annotate a FirstAid, but DON'T add a lot of notes. People end up regretting that because come board study you'll realize you won't need half the notes you made.
   26. Uworld questions specific to the block
   27. pathoma throughout and uworld starting 3-6 months beforehand
   28. My main board studying was just studying really hard for classes. Because despite the seemingly incompetent lecturing sometimes, the professors teach us what we have to know and work really hard to prep us for the boards. I think this was the key from the very beginning - studying hard and really learning the material well during the year eliminates some of the freaking out during board study period. You don’t have to freak out and start doing qbank questions now. Actually please don’t. Just be thoughtful about lecture time and work steadily. During the year, I would listen to relevant Pathoma lectures for the blocks, lightly annotate Pathoma and first aid with exciting tidbits from class, and try to be as present as possible during class. I would also use Rx for some extra practice questions if I got in a rut/felt that I needed some more practice. I bought qbank after winter break. In February, I started to go back through organ systems every weekend just to refresh my memory. I’d start by flipping through first aid, listening to some bootleg DIT lectures for topics that were rough for me, and then doing a few questions (maybe 23-46 questions a weekend). I would spend 4 hours a weekend studying specific organ systems. Not too much of a time commitment. Still no need to freak out.
   29. Uworld questions, maybe pick a topic you think you are weak on and spend 3 hrs each sunday reviewing it. Also reviewing pathoma and annotating that into first aid before the study period. Also you could make anki flashcards on uworld questions you got wrong and review that once a week; it really helps to get started early on Anki
   30. Just read along with First Aid and also get Pathoma...don't write minor details from lecture in these books, you won't need to know them for step 1
   31. Didn't start studying for boards until after the new year. Honestly I don't recommend studying before then. Step 1 is a marathon and you don't want to burn out. Studying beginning the second half of the year is more than enough time.
   32. Listened to goljan on the subway throughout the year. Once it was February I would dedicate 1-2 days of the week to not study block 11 and instead study something from earlier in the year (for example have a day where I totally reviewed cardiology/pulmonology/renal, etc)
   33. Using first aid to review at the end of every block to see what material from the block will be important to remember and what to forget. Also, using USMLEasy questions through the hsc library website to practice taking board style questions - they're free and pretty good to prepare. Don't pay for uworld until January when you start more serious studying
   34. I didn't start until after winter break, then I did4-8 hours a week until study month
   35. Kaplan questions related to the block I was in
3. What kinds of schedules did you guys use during the dedicated study period?
   1. Cram Fighter helped make me study for about 8 hours a day, I used First Aid, pathoma, u world
   2. There are a ton floating around. Some use Dit some used homemade. Just ask someone you trust for their schedule and most will be willing to pass it down.
   3. study from 8 - 7, rest of the day is rest
   4. i used cramfighter and made my own schedule based on resources i wanted to use.
   5. 13-15 hour study days, DIT for first 18 days with uworld then first aid with uworld. Aim to finish uworld
   6. I did DIT and UWorld for the first 3 weeks - that was my first pass through First Aid, then I took the last week and a half to review First Aid and finish any UWorld questions I had left. I also took 2 practice NBME's - 1 when I finished DIT and 1 the week before I took the exam.
   7. DIT provided me one
   8. Used DIT as guideline for studying; also recommend Becker programs for dedicated studying
   9. Doctors in training
   10. A very strict color coded excel sheet.
   11. dit
   12. 2wks DIT/pathoma/uworld/FA, 2wks pathoma(2nd time)/FA/uworld
   13. Woke up at 6A-Studied until ~8 or 9P. TAKE A DAY OFF A WEEK
   14. first aid during day, Uworld at night
   15. Alternated first aid and uworld qbank through the day. Did 3 full sets of 46 qs every day and went through first aid twice during the period.
   16. 7 AM- 6 PM M-F. 7 AM-2 PM Sa and Su
   17. I used DIT for the first two weeks but I would not recommend it! It is a waste of time and money! Just stick to First Aid, UWorld, and Pathoma.
   18. I did DIT but I felt it was too time consuming.
   19. It really really varies between people. Be honest with yourself about what your weak points are and structure a schedule around that; don't keep studying low yield stuff that you already know really well. What worked for me may not work for you but I'm happy to sit down with anyone and give a more detailed overview of exactly what I did to focus on my weaknesses. To be honest, I didn't make my Month Schedule until March when I had a better idea of what needed to get done. Definitely have a plan in place, but don't overwhelm yourself trying to make it now. A sample of my day from April: wake up at 7, watch a 10 minute video about biochem, do 2 question blocks and review answers (this took me most of the day), and then review of one topic of my choice in the evening. Stop by 9. Bed by 10. Zzzzz. But again, what worked for me won't work for everyone and that's okay! Trust yourself.
   20. 12-14 hours non-stop for a month
   21. So my actual schedule ended up nothing like my planned schedule.. but I planned on getting through FA and pathoma one by the end of 2.5 weeks into dedicated, with starting a little before dedicated. doing a question set every day. Then I moved up to 2 Q sets a day and tried to fit in some subjects I wasn't as strong on. I would definitely recommend incorporating review into your studies. so every morning spend 1 hr reviewing what you did 2 days ago for some spaced repetition. 100% what you should do is do a mock day (some sunday or soemthing) where you go through the schedule you would want, or at the least 1 block of uworld on random and review it and see how long that takes you and how much FA / pathoma you can get through, then plan your schedule accordingly, keeping in mind that you will get faster at uworld and that if you get to a 2nd pass, through something, it should be faster
   22. DIT first half, first aid and qbank second half
   23. Cram Fighter... lots of people used the DIT plan.
   24. 1 FA chapter & 1 Pathos chapter/ 2 days; repeat subjects as dictated by missed questions in Uworld
   25. DIT
   26. Dedicated study period. Don't panic – make a schedule after you take your shelf and execute the schedule. Do not push back your test date. Find a comfortable place for yourself in your living space and clock in and clock out. I had grand plans to listen to all of Pathoma again, but that just doesn’t happen. Make sure you flip through first aid a few times but the most important thing is to just do a TON of questions. My goal was to get through the entire qbank (in a very meticulous manner). Stop comparing percent correct scores with your classmates – use it as a learning tool, not something to freak out over. Sometimes it gets brutal and you get like 40% right on question sets that take you 3 hours to review. That’s normal. Go for a run, play some music, climb some rocks. Rinse and repeat. You can do it, I promise it will get better! My goal was to get through 2-3 question sets a day. I also took the 2 uworld and 2 NBME practice tests. Space them out in a way that makes sense.
   27. I tried cramfighter but it will make unrealistic goals in terms of reading. I would say you should use the number of UWorld segments a day as a goal and then just review off of FA
   28. I used DIT's suggested schedule to help me keep everything organized. I tried to get through First Aid twice.
   29. DIT plus lots and lots of UWorld questions. Find someone with a similar study style as you and see what they did
   30. During the month I just tried to read through first aid multiple times and finish uworld. I had about 1700 uworld questions left when april started, and that was fine. I'd recommend trying to finish the questions about 2 weeks before your test, and reading through as many of them again as you can (on review mode, not retaking the questions. It is basically a 2,000 page book in questions answer format with high yield info)
   31. I made my own with the help of a fourth year friend
   32. a little bit of DIT's schedule but otherwise none really
   33. One NBME practice per week, read a chapter in FA and then do all the Uworld questions, read FA a second time
4. Sketchy Micro or Picmonic?
   1. Men other
   2. Sketchy hands down. At least for micro it isn't even close. Picnonic coveres other subjects.
   3. Sketchy by far
   4. sketchy micro
   5. Sketchy
   6. neither unless you learn that way
   7. Sketchy all the way
   8. no
   9. I never used sketchy so I can't comment on which is better but I liked picmonic
   10. Picmonic!
   11. Sketchy
   12. Sketchy Micro. I'd pay anything for it and swear by it even for my third year shelf exam
   13. picmonic
   14. Neither
   15. didn't use
   16. Picmonic, although I really didn't use either heavily.
   17. Neither
   18. Sketchy Micro
   19. I didn't use either one
   20. WHATEVER GETS THE INFO IN YOUR HEAD, NO MATTER WHAT ANYONE ELSE SAYS.
   21. What?
   22. It sounds like sketchy may have been better for micro, but the thing I like about picmonic is that it's good for biochem and pharm which are 2 subjects (especially biochem) which are sooooo annoying to memorize the little metabolic diseases and such (which we don't learn very well during the year). and things like the different cancers and kidney stuff, all very simliar and difficult to keep separate in your mind but with picmonic it's much easier. That being said a lot of other picmonic is garbage
   23. Sketchy. Not even a question. Pay for Sketchy cause they \*deserve\* your money. Seriously.
   24. Sketchy Micro
   25. both, picmonic is good for tumors/drugs/biochem
   26. Sketchy.
   27. sketchy.
   28. Sketchy medicine for Microbio (I'm not sure if it's gone further than that yet; Picmonic for remembering drugs and everything else
   29. Picmonic
   30. sketchy micro. picmonic is terrible
   31. Picmonic
   32. Sketchy micro
   33. No
5. Key resources to use for block 7? What books are worth buying?
   1. Clinical Micro and First Aid
   2. Sketchy micro!!! Great for the boards. Best resource I have ever purchased.
   3. micro made simple
   4. microbio made ridiculously simple
   5. Micro made
   6. that one that everyone likes with the sherlock holmes guy on the cover; something something microbio
   7. Clinical microbio made ridiculously simple
   8. Clinical Micro Made Ridiculously Simple, micro flashcards: micromnemonics
   9. Some people found clinical microbio made easy (or something like that, they suggest it in the block) very useful
   10. Clinical Microbiology made ridiculously simple
   11. None
   12. First aid for step 1.
   13. Clinical micro made ridic simple
   14. first aid
   15. Microbiology Made Ridiculously Simple; student-made charts on Google Drive
   16. didn't use any books
   17. First Aid (used copy for now...buy the latest one during winter break for step 1 studying)
   18. Microbiology Made Ridiculously Simple, Sketchy Micro
   19. FA, maybe Clinical Micro made simple
   20. Recommendations for other blocks: Robbins question book (Red Robbins), Big Robbins (if you have a lot of trouble with pathology and are a book person, the pathology docs all loooove Big Robbins), Lilly's for cardiology
   21. This is the same question as the first one...
   22. I didn't use any other books, but lots of people like micro made ridiculously simple, but I don't like reading
   23. ridiculously simple is worth buying
   24. Don't buy a book.
   25. First Aid
   26. micro made incredibly easy
   27. I wouldn't buy any books for block 7, they are all on the drive! Microbiology made ridiculously easy was great for block 7. Buy Pathoma. I cannot emphasize that enough. I used big Robbins, Robbins atlas, and Robbins questions.
   28. I didn't buy any. Just buy sketchy.
   29. First Aid, Sketchy Medicine
   30. Clinical Micro Made Easy
   31. I didn't use any books, the lippincott flash cards are enough if you have them, and the lectures have everything you need to know.
   32. Same as above
   33. First aid
6. What is your advice for planning for away rotations in advance?
   1. Na
   2. Don't even think about it yet
   3. If you want to do one during Block 1 (May) of 4th year, then apply at the beginning of your 3rd year - most schools include May in the 2015-2016 year instead of 2016-2017 year because other schools start their year in June/July.
   4. Lol chill out
   5. Start early (but no sooner than mid-3rd year), pick multiple programs, make sure you get your VSAS complete early
   6. I'm a third year and I still haven't thought about this yet
   7. N/a
   8. Vsas is a pain - don't procrastinate once it's open.
   9. dont worry yet!
   10. Prepare your CV before March so that won't be a hassle when the time comes to apply!
   11. What? I don't even know this yet. Don't worry about it until third year. Cart before horse and all that.
   12. LOL don't worry about it until your 4th year
   13. you really shouldn't be worrying about this until the middle to end of your 3rd year, thinking about it that early wont even make a difference but just remember that if you can sleep at someone's place, it's usually really important, limiting factor is usually finding housing for 1 month, which is not too easy.
   14. This should 100% not be on your radar at all right now. Also, chances are you'll change your mind on your specialty once you're in 3rd year (I know you're saying "yeah right", but really.) If you have a site in mind go ahead and look up the info on how to apply, but that's all there really is to it.
   15. it's not as bad as you think, I picked just one spot to go away to (Geisinger) and I'm going there twice so at least I know what to expect the next time
   16. This is waay too early for this question. You don't need to worry about this until about February of 3rd year
   17. Start getting your documents together early and check requirements early
   18. Don't worry about this until you get your schedule it varies so much
   19. You can't apply through VSAS until the end of 3rd year. There's nothing you need to do before that unless you know of a specific rotation that requires earlier application
7. How did your timeline change if you were part of the early match?
   1. Na
   2. n/a
   3. n/a
   4. N/a
   5. N/a
   6. I wasn't.
   7. n/a
   8. I'm going into psychiatry so unsure
   9. Also waay too early to ask about this.
   10. N/a
   11. N/a
8. Did anyone take a year off for research or for volunteering between 3rd and 4th or 2nd and 3rd and would you recommend it?
   1. Na
   2. N/a
   3. n/a
   4. No
   5. N/a
   6. Nope
   7. I didn't.
   8. n/a
   9. No no no. Gaps in your medical education are red flags
   10. No one that I know of... You have to explain all time off on your residency application
   11. N/a
9. Any additional advice?
   1. Enjoy the schedule flexibility of 2nd year. Take time to do stuff you like. After that the schedule is more strict.
   2. chill out, it will be fine, do everyone a favor and don't become a boards monster. like by the time you'll get to step two, you wont care about this ish anymore.
   3. Work hard but try to stay balanced and don't burn out.
   4. Focus on the year you are on and the block you are on. Use first aid to help you focus on what's important to the boards and spend 90% of your effort learning that and the other 10% learning the extra stuff thrown in by the block directors. This should help get high passing grades or low honors on most tests and prepare you well for the NBME exams and prepare you better for the study period when the time comes
   5. Study hard but have fun!
   6. You'll do fine
   7. Make sure to have fun sometimes!
   8. don't push yourself too hard towards the beginning of study period - you WILL burn out. good luck!
   9. study hard, there's a light at the end of tunnel!
   10. do what works for you!
   11. If I could do it again, I would use Sketchy Micro and do UWorld questions throughout the year. Also, big Robbins is a fantastic book, I highly recommend reading it.
   12. More questions or want to chat more? Email me at tue99046@temple.edu, I'm happy to help. Also if you feel yourself drowning at all during the year - reach out! Lots of people are there to help you if you ask!
   13. Boards sneak up on you, study a little every day and you will be a rockstar
   14. honestly, I know that 100,000 people will say this on here, but just RELAX, it's not the end of the world, 3rd year grades are just as important, plenty of people don't start study until the second half of the year, there are 1000 different ways to go about this, just make sure you're being as efficient with your time, make a pretty detailed schedule, include wiggle room and make up days because things NEVER go according to plan and you'll be just fine. the vast majority of the studying for this test is done in lectures the first 2 years.
   15. take things one step at a time, there is time for figuring everything out, and support if/when you need it
   16. Remember that medicine is a really awesome profession but also that you work to live, not live to work.
   17. Doing Uworld more than once during the study period is not that helpful; the answers will be easily recalled. Instead, go through once with a detailed read of answers.
   18. Enjoy second year. It was much better than first year!!!!!
   19. For step 1 remember to use Uworld as a study/learning tool. Don't get too caught up in the numbers. My scores never looked all that good (averaged around the mid/high 50's) but I did just fine in the step. Definitely get Pathoma for after Block 7.
   20. Don't go overboard crazy/nuts about the boards. Sounds easy to say in retrospect, but seriously, the Temple classes for the most part prepare you very well if you just study for them throughout the year. If you're taking a test at the end of april/beginning of may you are not going to be directly referencing anything you're studying today, a month from now, or on winter break for that matter. Focus on your classes, and if you learn stuff well the first time around there is no reason to panic come April. Also, if you do happen to do very well in all of the classes during the first 2 years, and if you do well on the NBME at the end of the year, I would seriously recommend taking the boards sometime between April 10th-20th. My biggest regret was waiting as long as I did, it was mentally draining if you come in already prepared. Good luck!
   21. Find your best way to study and try not to get stressed that other people are studying different than you are. It gets progressively worse during second year but you can avoid that stress if you stay confident in your plan and stay positive
   22. Go to the gym. Enjoy weekends. Those are the two things I miss most about second year
   23. Enjoy your breaks! Four weeks IS enough time to study for step 1. It won't seem that way, but it is.